

# VALLEY HIGHLIGHTS

MYER CHERNEY HOLDINGS LIMITED

November 2023

**REMEMBRANCE DAY...** November 11<sup>th</sup> is a day to remember all those who so bravely fought for our freedom. We have a few occupants of Valley High 2 who have served for our country, and we would like to take a moment to say THANK YOU!

**BUILDING HEATING SYSTEM...** We would like to take this opportunity to share some very important information regarding the heating system at Valley High 2. Heat is distributed to your unit by way of a hot water boiler system. Hot water travels through the radiator and the exterior fins naturally heat up. As the air around the radiator heats up, it rises up and out of the way, new cooler air comes in to take its place. A rotational current of air forms around the radiator causing all the air in the room to slowly heat up. The hot water radiators are located directly below the living room and bedroom windows. Extremely cold air coming in through open windows condenses on the metal radiator pipes and poses a serious threat of frozen water pipes, which causes pipes to burst, triggering a flood.

**Please avoid opening windows under exceptionally cold conditions and never turn the heat off completely within your rental unit.** Make sure furniture is at least 15cm away from the radiators. If radiators are blocked by furniture or window treatments, warm air will not spread out properly to heat the rental unit.

To resolve a persistent issue with too much or too little heat, please fill out and submit a request for maintenance form immediately, which is located beside the Valley High 2 office door. This form allows our maintenance staff permission to access your rental unit to assess the issue and conduct any necessary repairs.

**CAT LOVERS...** Did you know there are by-laws in place within the City of Peterborough for cats? These by-laws are designed to protect the health and safety your beloved fur baby:

- No more than 3 cats are permitted to be kept, except cats less than 4 months of age
- Owners of more than 3 cats must register them with the Peterborough Humane Society (PHS) to legally keep them.
- All cats within the City of Peterborough must be registered with the PHS and are subject to an annual license fee with current proof of immunization required.
- Owners of more than one cat must have all cats spayed and/or neutered with the exception of registered cat breeders.
- Owners of cats must not permit their cats to be off their own property, or on the property of anyone else without their consent. A leash or harness may be required to comply with this requirement.
- Owners must remove their cat's excrement from any land in the city.
- Residents who own cats are encouraged to review the Animal By-Law, available at the PHS or City Hall Lobby, or online at [www.peterborough.ca](http://www.peterborough.ca)

The City of Peterborough encourages citizens to contact the Peterborough Humane Society by phone at 705-745-7676 or by email [animalcontrol@phbohs.com](mailto:animalcontrol@phbohs.com) if they have any concerns for animal welfare, including enforcement of this bylaw.

***Tree Decorating...*** Mark your calendars for Thursday November 30<sup>th</sup> from 2:30pm – 3:30pm for some tree decorating fun! We do ask if you or anyone in your household is not feeling well, please do not attend.

***Christmas Potluck...*** Please join us on Sunday December 10<sup>th</sup> from 4pm – 6pm for a Christmas Potluck Dinner in the Valley High 2 Party Room. A sign-up sheet will be posted outside of the office on November 1, 2023.

***November Generator Testing...*** Scheduled testing of the generator will take place twice in November; 8<sup>th</sup> and 22<sup>nd</sup>. Please keep your doors and windows shut and refrain from using the exits at the southwest end of the building.

***After-hours Emergencies...*** Should you have an emergency outside of our regular business hours, please call 705-876-1717 and press '5'.

***Fall Back...*** Remember to set your clocks back one hour to mark the conclusion of daylight savings time on Sunday, November 6, 2023 at 2am.

***Great News....*** Bell Fibre Optic Services are now available at Valley High 2! If interested contact Bell!

***Expecting a Delivery...*** Please book the service elevator at least 24 hours in advance. Call 705-876-1717 ext. 201 or stop by the Valley High 2 office during posted office hours.

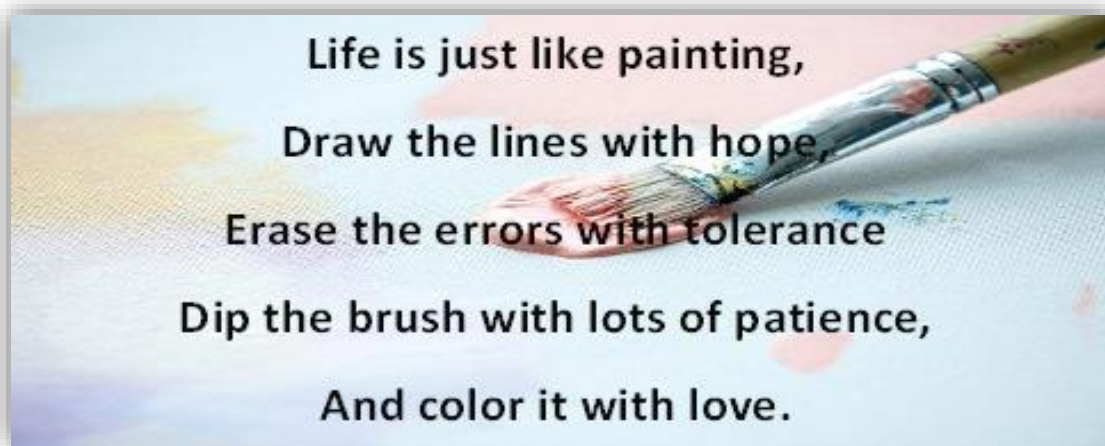
***Parcel Deliveries...*** With the holiday season rapidly approaching, Canada Post offers a free shipping address at any of their 6,000 post office locations.

If you are shopping on-line and are uncertain whether you will be home at the time of your delivery, why not safeguard your package. For more information visit:

**FlexDelivery: pickup at the post office | Personal | Canada Post ([canadapost-postescanada.ca](http://canadapost-postescanada.ca))**



### *Diana's Kind Quote of the Month:*



**TAKE INTO CONSIDERATION...** Noise...It is created and is a part of normal apartment living. There are numerous ways to dampen the noise within your rental unit;

1. Large or heavy throw and area rugs can help absorb noise.
2. Curtains, tapestries, or wall hangings are useful in reducing noise whether they are placed on a wall or over a window.
3. Place entertainment devices away from shared walls.
4. Keep the volume of computers and TVs at reasonable levels.
5. Restrict activities like vacuuming, repairs and moving heavy furniture to practical daylight hours.
6. Place felt pads under chairs and table legs to prevent them from scraping across the floor.
7. Ensure dogs remain calm and quiet, and are not barking for extended intervals throughout the day or night.
8. Reasonable building quiet hours are in effect between 11pm and 8am.

### **Egg Roll Pork Noodles**

#### **Ingredients:**

<b>¼ cup light tamari sauce</b>	<b>2 tbsp. brown sugar</b>
<b>2 tbsp. rice vinegar</b>	<b>2 tsp. cornstarch</b>
<b>1 tsp. toasted sesame oil</b>	<b>2 tsp. vegetable oil</b>
<b>1 clove garlic, finely chopped</b>	<b>2 tsp. chopped fresh ginger</b>
<b>500 grams ground pork</b>	<b>4 cups thinly sliced napa cabbage</b>
<b>1 ½ cups grated carrots</b>	<b>250 grams rice noodles</b>
<b>2 green onions, chopped</b>	

#### **Directions:**

1. In small bowl, combine tamari, brown sugar, vinegar, 2 tbsp water, cornstarch and sesame oil until brown sugar has dissolved. Set aside.
2. In wok or large skillet, heat vegetable oil over medium heat. Add garlic and ginger; cook, stirring constantly, for 1 minute. Add pork; cook, stirring and breaking up meat with wooden spoon, until pork is no longer pink, about 5 minutes. Add cabbage and carrots; cook, stirring occasionally, until vegetables are tender, about 5 minutes.
3. Meanwhile, cook noodles according to package directions. Drain noodles and transfer to skillet. Pour in reserved tamari mixture, mix and toss to coat; cook for 1 minute. Divide among bowls and sprinkle each with green onions.

*NOTE: Soy Sauce can be substituted for Tamari Sauce.*